



Fitness Programs

PRE-REGISTRATION REQUIRED

(Register online @ www.norwalk.iowa.gov, Parks and Recreation office, or by mail)

We offer a variety of fitness classes so you can choose the one that's right for you.

- 1) **Step Bench Aerobics/Interval:** is a class of high energy aerobic routines interspersed with intense cardio segments and followed by a recovery period. Class will improve cardio conditioning. This class is for any fitness level, and can be adjusted to a low or high impact class depending on the level of fitness you are. You may bring hand held weights to increase intensity and improve muscle tone. Mary Jane Sharp is the instructor. Min/Max: 10/30
- 2) **Early Bird Body Sculpting:** For those of you who get up with the chickens, come join this early morning class that will work on ultimate body sculpting, Pilate's, and Chico Metrics. This class is designed to maximize core strength, firm and tone your butt, thighs and arms. This class will use dumbbells and dynabands that will put you to the test with added intensity. Bring a mat/towel, hand weights are optional. Mary Jane Sharp is the instructor. Min/Max: 10/20
- 3) **Circuit Sensation:** Are you ready for this new workout that is athletic intense and more fun than a three-ring circus? Using the motivational power of teamwork and competition in combination with the balance challenges presented by the bosu balance workout, you will discover how to change ordinary circuit workouts into extraordinary workouts. The class will also use jump ropes, Dynamx Strength Balls, Ab rollers, bands, other strengthening equipment and weighted bars. Bring a mat/towel and your own hand weights (optional). Mary Jane Sharp is the instructor. Min/Max: 10/20
- 4) **Yoga:** Yoga is for everyone! It increases strength, flexibility, and balance for both body and mind. Regular yoga practice can help to improve circulation, digestion and posture, stimulate the immune system, decrease stress level, boost self-esteem and create a sense of calmness and well being. Please bring your own mat, towel & water. Come in with an open mind and open heart. Bethanie Lafferty is the instructor. Min/Max: 10/20
- 5) **BootCamp:** 3-2-1..GO! Are you ready to really kick your fitness into high gear? Join this class for challenging workouts that have the ability to push your limits or simply give you more variety. The intensity is up to you! Needed items to bring: 5' - 1" PVC pipe(stretching tool), 1 baseball, jump rope, water & towel. Jason Collins is the instructor. Min/Max: 10/20

Day	Time	Class	Class Dates	Registration Dates
Mon & Wed	6:15 to 7:15pm	Step Bench	March 25 to May 8	March 11 to March 22
Wed	7:30 to 8:15pm	Circuit	March 27 to May 8	March 11 to March 22
Tues & Thur	5:30 to 6:15am	Early Bird	March 26 to May 9	March 11 to March 22
Mon	7:30 to 8:30pm	Yoga	March 25 to May 6	March 11 to March 22
Tues & Thur	6:00 to 7:00pm	BootCamp	March 26 to May 9	March 11 to March 22

Information

Cost: varies per class (see back)

Location: Step, Circuit, Yoga & Bootcamp @ Oviatt Multipurpose room (Door #16)

Early Bird @ Norwalk Easter Public Library



TURN OVER TO FILL OUT REGISTRATION INFORMATION



Norwalk Parks and Recreation Registration Form

Individual Information:

Name:	First	MI	Last
	<input style="width: 95%;" type="text"/>	<input style="width: 40%;" type="text"/>	<input style="width: 95%;" type="text"/>
Address:	<input style="width: 100%;" type="text"/>		
City, State, Zip:	<input style="width: 45%;" type="text"/>	IA	<input style="width: 40%;" type="text"/>
Daytime Phone #:	<input style="width: 45%;" type="text"/>		Type: <input style="width: 30%;" type="text"/>
Evening Phone #:	<input style="width: 45%;" type="text"/>		Type: <input style="width: 30%;" type="text"/>
Cell Phone #:	<input style="width: 45%;" type="text"/>		Preference: <input style="width: 30%;" type="text"/>
Email Address	<input style="width: 100%;" type="text"/>		

Please place an "x" by the programs you will be attending and add the total at bottom:

			Resident	Non-resident
<input type="checkbox"/>	Monday	Yoga	40.25	46.30
<input type="checkbox"/>	Monday	Step Bench Aerobics	24.50	28.20
<input type="checkbox"/>	Tuesday	Early Bird	24.50	28.20
<input type="checkbox"/>	Wednesday	Step Bench Aerobics	24.50	28.20
<input type="checkbox"/>	Wednesday	Circuit	24.50	28.20
<input type="checkbox"/>	Thursday	Early Bird	24.50	28.20
<input type="checkbox"/>	Tues/Thurs	BootCamp	66.50	76.50
			Total	\$
				\$

Activity Information:

Program	Fitness Programs	Registration Fee	varies (see above)	Late Fee
				<input style="width: 95%;" type="text"/>

Financial Assistance Donation:

This program is intended to open up participation opportunities for Norwalk area children by reducing financial obstacles for those who may not be participating because they cannot afford to pay the registration fees.

Would you like to contribute \$1.00 (or more) to this program? Yes _____ No Thank You

(if yes, please add your donation to the registration fee - and THANK YOU!)

Additional Comments/Medical conditions (if any):

FOR OFFICE USE ONLY:

PAID _____	CK# _____	CASH _____	By: _____
Credit Card _____	Number _____	Expires _____	